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# BBC LEARNING ENGLISH

## Authentic Real English 地道英语

### One step at a time

### 一步一个脚印

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- 关于台词的备注:  
这不是广播节目的逐字稿件。本文稿可能没有体现录制、编辑过程中对节目做出的改变。

#### **Feifei**

欢迎收听 BBC 英语教学的“地道英语”节目。大家好，我是冯菲菲。

#### **Rob**

... and hello, it's me, Rob.

#### **Feifei**

Hey, Rob. How are your plans going to get fit?

#### **Rob**

Oh, Feifei, they are a disaster!

#### **Feifei**

Oh, no! What's gone wrong?

#### **Rob**

Well, I went for a five-mile run last night, but I gave up after just a mile. I was exhausted. And then I went for a ten-mile bike ride, but only got to the end of my street. I give up – getting fit is not fun!

#### **Feifei**

Don't give up, Rob! You need to take things one step at a time.

#### **Rob**

You mean walk – don't run?

**Feifei**

Not exactly – just improve your fitness gradually, in stages. 我们用 “one step at a time” 来表示做事要一步一步地，扎扎实实地，循序渐进地。所以，你开始健身也需要一步一步地来，不能着急！ Let’s listen to some examples of people using ‘one step at a time’.

**Examples**

I know the instructions look confusing, but take them one step at a time and they should make sense.

If you want your cake making to be a success, you need to follow the instructions one step at a time.

Don’t panic! I’ve written a step-by-step guide on how to turn the heating on, so you should be fine.

**Feifei**

这里是 BBC 英语教学的 “地道英语” 节目。在这期节目中，我们教给大家的这个表达简单实用。“One step at a time” 的意思就是 “一步一步地”，它常用来告诉他人做事要慢慢地、仔细地，一步一步来。So, Rob, to get fit, you need a plan – improve your fitness in stages.

**Rob**

OK, so where do I begin?

**Feifei**

Well, don’t run before you can walk. So, do lots of walking and then a little bit of running.

**Rob**

Hmm... And after that?

**Feifei**

The next stage is to run a bit further and then walk a little. Set yourself a goal like from your couch to running a 5k!

**Rob**

Oh, did you say ‘couch’? Oh, great! I’m off.

**Feifei**

Where are you going?

**Rob**

Well, I'm going to run to my couch, put my feet up, and eat lots of biscuits. Bye.

**Feifei**

Bye, Rob!